

## LOOK FOR THE **WIC** Approved Item **STICKER**

### ► Milk **WIC** Approved Item

Children 1 year old – whole milk. No buttermilk  
Children 2 to 5 years old & women – fat-free, low-fat (½% and 1%) and buttermilk

#### Look For:

- Fluid milk:
  - 1 quart (945 mL)
  - ½ gallon (1.89 L)
  - 1 gallon (3.78 L)

Nonfat & low-fat buttermilk:

- ½ gallon (1.89 L) only

Carton or plastic container

**Don't Buy:** Calcium-fortified, high protein, DHA, omega-3, organic, flavored milk (such as chocolate), rice milk, or goat's milk



Starting October 1, 2014, WIC will provide fat-free and 1% milk to children 2 to 5 years old and women.

### ► Cheese **WIC** Approved Item

#### Look For:

- 1 or 2 lb. packages
- Block or sliced
- American, Cheddar, Colby, ColbyJack, Longhorn, Monterey Jack & Mozzarella
- Reduced-fat and low-fat cheese are allowed

**Don't Buy:** Individually wrapped slices, shredded cheese, processed cheese food, cheese food product, cheese with jalapeño peppers, cheese from the deli, or imported cheese



### ► Dried Beans **WIC** Approved Item

#### Look For:

- 16 oz. (1lb.) package
- Black beans, navy beans, pinto beans, green split peas and lentils

**Don't Buy:** Added seasonings, bulk beans or mixed beans

#### For More Information

##### WIC Participants:

1-800-942-3678 / [www.texaswic.org](http://www.texaswic.org)

##### Vendors:

1-800-252-9629

[www.dshs.state.tx.us/wichd/vo/vol.shtm](http://www.dshs.state.tx.us/wichd/vo/vol.shtm)

## LOOK FOR THE **WIC** Approved Item **STICKER**

### ► Whole Grains **WIC** Approved Item

#### ► Whole Wheat Bread

##### Look For:

- 16 oz. (1lb.) loaves only
- 100% Whole Wheat

**Don't Buy:** Sugar-free

#### ► Tortillas: Whole Wheat, Yellow or White Corn

##### Look For:

- 16 oz. (1lb.) package only

**Don't Buy:** White flour tortillas

#### ► Brown Rice

##### Look For:

- 16 oz. (1lb.) package only

**Don't Buy:** White rice, added seasonings, sugar, fat, oil, or salt



### ► Juice **WIC** Approved Item

#### Look For:

- 100% Juice -120% vitamin C
- Added calcium & vitamin D are allowed

#### Don't Buy:

- Juice cocktails
- Apple cider
- Juice with sugar or sweetener

#### ► Juice (Plastic)

For Children 64 oz. – For Women 48 oz.

- Apple
- Orange
- Orange Pineapple
- Purple Grape
- Grapefruit
- Pineapple
- White Grape
- Orange
- Pineapple Mango
- Orange Mango
- Vegetable

#### ► Frozen Juice

For Children 16 oz.

- Apple
- Orange

For Women 11.5 oz. – 12 oz.

- Apple
- Orange
- Grapefruit
- Purple Grape
- White Grape

#### ► Refrigerated Juice (Carton or Plastic)

For Children 64 oz.

- Orange



## CHOOSE THESE BRANDS

### ► Breakfast Cereal

#### Look For:

- 18 & 36 oz. packages only



Whole Grain Cream of Wheat  
Original  
18 oz. only



Malt-O-Meal  
Original  
18 oz. & 36 oz.



Instant Grits  
Original  
18 oz. only



Special K  
Original  
18 oz. only



All-Bran  
Complete Wheat Flakes  
18 oz. only



Corn Flakes  
18 oz. & 36 oz. only



Rice Krispies  
18 oz. only



Scooby-Doo  
18 oz. only



Mini Wheats  
18 oz. only



Cheerios  
18 oz. & 36 oz. only



Multi-Grain  
Cheerios  
18 oz. & 36 oz. only



KIX  
18 oz. only



Dora  
18 oz. only



Go Diego Go!  
18 oz. only



Rice Chex  
18 oz. only



Corn Chex  
18 oz. only



Honey Bunches of Oats  
with Almonds  
18 oz. only



Honey Bunches of Oats  
Honey Roasted  
18 oz. only



Honey Bunches of Oats  
with Vanilla Bunches  
18 oz. only



Grape-Nuts  
Flakes  
18 oz. only

Choose these brands

## CHOOSE THESE BRANDS

### ► Breakfast Cereal



Mini Spooners  
Frosted  
18 oz. box & bag  
36 oz. box & bag



Mini Spooners  
Strawberry Cream  
18 oz. box & bag  
36 oz. box & bag



Crispy Rice  
36 oz. bag



Oat Blenders  
with Honey  
18 oz. box  
36 oz. bag



Oat Blenders  
with Honey & Almonds  
18 oz. box  
36 oz. bag

Choose these brands

### ► Canned Beans

For Children 2 to 5 Years Old & Women

**Look For:** 15 oz. to 16 oz. cans

#### Allens

- Black Beans
- Blackeye Peas
- Dark Red Kidney Beans
- Great Northern Beans
- Pinto Beans

#### Bush's Best

- Black Beans
- Blackeye Peas
- Cannellini Beans
- Dark Red Kidney Beans
- Fat-Free Refried Beans
- Great Northern Beans
- Pinto Beans
- Reduced Sodium Black Beans
- Dark Red Kidney Beans
- Pinto Beans

#### Casa Fiesta

- Pinto Beans
- No Fat Refried Black Beans
- No Fat Refried Beans
- Whole Black Beans

#### Ortega

- Black Beans
- Fat-Free Refried Beans

#### Progresso

- Black Beans

#### Trappey's

- Light Red Kidney Beans

#### Goya

- Black Beans
- Blackeye Peas
- Cannellini Beans
- Pinto Beans
- Red Kidney Beans
- Low Sodium Black Beans
- Red Kidney Beans
- Pinto Beans



**Don't Buy:** Chili beans, canned beans with snaps, jalapeño peppers, bacon, oils, Bush's Best "Seasoned Recipe," or soups

Choose these brands

## CHOOSE THESE BRANDS

### ▶ Whole Grain

#### ▶ Oatmeal

**Look For:** 16 oz. (1 lb.) container only

**Granvita** Oats

**3-Minute Brand** Quick Oats or Old Fashioned Oats

**Best Choice** Quick Oats or Old Fashioned Oats

**Mom's Best Naturals** Quick Oats or Old Fashioned Oats

**Simple Truth** Natural Old Fashioned Rolled Oats

**Shurfine** Oatmeal - Quick 1 Minute

**Better Valu** Rolled Quick Oats

Choose these brands



## CHOOSE ANY BRAND

### ▶ Eggs

**Look For:**

- One dozen package
- Grade A or AA
- Large, medium, or small

**Don't Buy:** Extra large, jumbo, brown, fertile, free-range, cage-free, organic, omega-3, with added vitamins or minerals (such as Eggland's Best)

Choose any brand



### ▶ Lactose-Free Milk

Children 1 year old – whole milk

Children 2 to 5 years old & women

– fat-free & low-fat (1%)

**Look For:**

- ½ gallon (1.89 L)
- 1 quart (945 mL)

**Don't Buy:** Calcium-fortified, high protein, DHA, omega-3, organic, flavored milk (such as chocolate)

Choose any brand



### ▶ Peanut Butter

**Look For:**

- 16 oz. to 18 oz. jars only
- Creamy or crunchy

**Don't Buy:** Peanut spread, reduced fat, organic, with honey, chocolate, marshmallows, jelly, candy pieces, or omega-3

Choose any brand



## CHOOSE ANY BRAND

### ▶ Fruits, Vegetables & Beans

#### ▶ Fresh

**Look For:**

- Single or mixed
- Yams or sweet potatoes
- Whole, pre-cut, or packaged
- Organic is allowed
- Bagged salad, fruits, or vegetables

**Don't Buy:**

- White potatoes such as russet, Yukon gold, purple, or red
- Items from the salad bar, party trays, or fruit baskets
- Bagged salad with dressing or croutons
- Decorative or ornamental fruits or vegetables (such as garlic on a string, painted pumpkins, gourds)
- Nuts, dried fruits, trail mix, or dried vegetables
- Bulk dried beans
- Spices or herbs (such as cilantro, parsley, chives, or mint)

#### ▶ Frozen

**Look For:**

- Single or mixed
- Organic is allowed
- 9 oz. package or larger
- With or without salt or herbs
- Any package type (box or bag)

**Don't Buy:**

- White potatoes such as french fries, hash browns, or any mixtures containing potatoes (such as Soup Vegetables)
- Creamed, sauced, specially seasoned, or breaded vegetables
- Added sugars, artificial sweeteners, fats, or oils
- Vegetables mixed with pasta, rice, or any other ingredients

Choose any brand



### Before you reach the checkout lane...

- Make sure the cost of the fruits and vegetables you are buying is less than or equal to the dollar amount on your WIC shopping list or WIC EBT card store receipt.
- If you go over the dollar amount, you will need to return some of the items or pay for them separately from your WIC purchases.

### How to Buy Beans & Peanut Butter for Children 2 to 5 Years Old & Women



## CHOOSE ANY BRAND

### ▶ Exclusively Breastfeeding Women

#### ▶ Tuna & Salmon

**Look For:** - 5 to 6 oz. can

##### Tuna

- Chunk light
- Packed in water
- Regular or low sodium

**Don't Buy:** Albacore, tongol, yellowfin, fillet, premium select, or gourmet tuna. Packed in oil or pouches

##### Salmon

- Pink Salmon
- Packed in water
- Skin and bones allowed

**Don't Buy:** Premium skinless and boneless, smoked, fillets, or red salmon. Packed in oil or pouches

Choose any brand



### ▶ Infants 6 to 12 Months

#### ▶ Baby Cereal

**Look For:** Gerber

**MultiGrain** 8 oz. & 16 oz.

**Oatmeal** 8 oz. & 16 oz.

**Rice** 8 oz. & 16 oz.

**Whole Wheat** 8 oz. only

**Don't Buy:** Organic, cereal with fruit, formula, DHA, or other non-cereal ingredients

#### ▶ Baby Fruits and Vegetables

**Look For:** 4 oz. only

- Single container — no multi-packs
- Single or mixed fruits and/or vegetables

**Don't Buy:**

- Dinners, desserts, toddler foods, diced fruits or vegetables, organic, or baby food in pouches
- Baby fruits and vegetables with: cereal, oatmeal, yogurt, meat, rice, pasta, DHA, sugar, salt, or starches (such as rice flour or tapioca)

Choose any brand



### ▶ Exclusively Breastfeeding Infants 6 to 12 Months

#### ▶ Baby Meats

**Look For:** 2.5 oz. only

- Single container — no multi-packs
- Any single meat with broth or gravy such as chicken, beef, turkey, or ham

**Don't Buy:** Dinners, organic, meat with vegetables or fruit, DHA, sugar, or salt

Choose any brand



★ TEXASWIC ★

# Approved Foods Shopping Guide

Smart Choices, Healthy Families

Effective October 1, 2014



For each WIC food, this brochure shows whether you can choose any brand, certain brands, or the brand marked with the pink "WIC Approved Item" sticker.

For approved brands go to  
<http://www.dshs.state.tx.us/wichd/vo/flist.shtm>

Stores may not carry every WIC approved food.